

SCUBA DIVING COURSE FOR FISHERY BIOLOGISTS

Idaho Fish and Game Department

PURPOSE:

This course is designed to tell the instructor and the individual involved the ability and limitations of the student. The ultimate goal is for the student to recognize his weak point, concentrate in that area till he overcomes these faults and emerge from the course as a member of a team of divers, each adept at solving diving problems but each supporting the other. This course should teach all of those involved that the wise diver is the diver who never knows it all, but rather, and surprisingly enough, learns from less experienced members. The safe diver is the diver who watches out for others, sees their mistakes, helps them rectify those efforts, and learns something in the process. This course is dependent on the diving buddy, and will at all times stress for a group of members to watch each other. Remember: you are not always dependent on yourself, but you are as safe as your buddy makes you.

HOW THE COURSE WILL BE RUN:

Because of the variety of experience present, the course will deal with the practical form of diving rather than physics, although it will make clear all direct dangers that may be encountered while diving both SCUBA and Skin.

The variety of experience again must be met with a unique form of teaching. The student will be free to advance (in steps) as he feels he is able and proficient. After each step he must prove his qualification to move on. This is to let the individual and instructor know the student's ability to perform the task asked. Each student will keep his own record of advancement. The instructor will keep a master check-off sheet. There will be times that a student will have free time, constantly practice previous steps; one never stops learning new and better ways of the basic fundamentals. Again, it must be stressed that the success of this course and the avoidance of accidents and serious injury depends directly on the diving buddy. Five seconds and five feet can kill; don't be so concerned with your own advancement that you neglect your buddy—this is a sign of a poor diver. Build a sound team and build a good diver.

INSTRUCTORS:

There will be two appointed instructors who will assist the main instructor. His job is to try to help anyone having trouble with the various procedures. If he cannot overcome the student's problem, the head instructor will try to help. The assistant instructor will be in charge of all non-SCUBA exercises while the head instructor will concentrate on the more difficult problems of SCUBA. It will also be the assistant instructor's job to give a preliminary check before the student asks for advancement from the head instructor.

REPETITION OF BASIC FUNDAMENTALS:

It is understood that some of the steps in this course are repeated over and over with some change. The purpose of this is to completely familiarize the student with the equipment. The more at ease one is with the equipment, the safer he becomes in all situations. If you find it difficult to repeat fundamentals and move slowly and carefully through each step, then the course has been successful, even for you, for it will uncover any serious defects in your SCUBA technique. The best divers in the United States, and even Cousteau himself, practice daily, just the basic fundamentals. They warn us that the diver who is overconfident is likely to be the least efficient diver.

HOW TO ADVANCE:

Each student will be given a copy of the steps in the course. He will be shown the method and procedure to practice for that particular step. He will then practice until he feels he is competent. The student will then go to the assistant instructor for a check to see if he is ready for advancement. Next, he will perform for the head instructor, be checked on the main sheet and wait until enough students are passed to continue. While you wait, practice what you have learned or assist others.

BEGINNING COURSE - - 8 HR.

Covering: SKIN DIVING

HRS.

A. Introduction to the Mask

1. Swim length of pool underwater without
a. Ear Drum Rupture

b. Over-Oxidation

2. Swim length of pool underwater with
(Teacher's reason for wearing mask)
a. For better vision & no eye squeeze

b. For ease of ear equalization

B. Clearing the Mask

1. Clear in shallow end of pool

2. Shallow water recovery

3. Clear in deep water

4. Deep water recovery

5. Deep water recovery
(This shows how to recover use of mask
when dislodged plus giving training
which eliminates the dependence of
vision as an aid)

C. Introduction to the Snorkel

1. Swim two lengths of pool with only snorkel

2. Clearing the snorkel

3. Diving to pool bottom with snorkel

4. Deep water recovery and surface with
mask and snorkel

D Introduction to Fins

- 1. Learning to kick on side of pool (two types [travel & porpose]) -----
- 2. Length of pool with fins -----
- 3. Length of pool with 1 fin (left/right) -----
- 4. Swim underwater with mask, fins and snorkel (1 length) -----
- E. Final Exam No. 1 -----

SCUBA DIVING GROUP

A. Snorkeling

- 1. Clear and recovering mask and snorkel -----
- 2. Find out endurance rating -----
- 3. Breath control -----
- 4. Underwater obstacle course No. 1 -----

B. SCUBA

- 1. Entry into water (3 types) -----
- 2. Breathing without mask and fins -----
- 3. Recovery of fins -----
- 4. Clearing of mask and base -----
- 5. Sharing air with and without mask -----
- 6. Free accents and recovery -----
 - a. With mask and tank -----
 - b. Free -----
- 7. Obstacle Course No. 2 -----
- 8. Final exam No. 2 -----

C. Problems

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|-------|--|-------|
| _____ | 1. Knot tying (with and without mask) | _____ |
| _____ | 2. Bolting cable (with and without mask) | _____ |
| _____ | 3. Searchers | _____ |
| _____ | a. Circle | _____ |
| _____ | b. Lone line sweep | _____ |
| _____ | c. Single line | _____ |
| _____ | d. Zig-Zag | _____ |

D. Net Entanglement

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|-------|--------------------------|-------|
| _____ | 1. With and without mask | _____ |
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E. Obstacle Course No. 3

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F. Final Exam

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